WHAT IS CLAIMED IS:

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 An ink jet cartridge comprising: an ink jet recording head;

an ink container for containing ink to be
5: supplied to said recording head;

an ink supply source connecting portion which is provided in said ink container and which is connectable with an ink supply source to permit filling of the ink into said ink container;

a pressure reduction source connecting portion connectable with a pressure reduction source for reducing pressure in said ink container to permit filling of the ink;

an absorbing material provided in said ink container, said absorbing material is capable of retaining the ink and functioning as a negative pressure source for the recording head;

a gas-liquid separating member which is disposed between said absorbing material and said pressure reduction source connecting portion and which has a gas permeability and liquid penetration resisting property; and

supporting members, disposed at respective sides of said gas liquid separating member, for supporting said gas-liquid separating member.

2. An ink jet cartridge according to Claim 1,

wherein said gas liquid separating member is made of polytetrafluoroethylene or a material having a property equivalent thereto.

- 3. An ink jet cartridge according to Claim 1. wherein said gas-liquid separating member is given a liquid repelling property.
- 4. An Ink jet recording apparatus comprising: 10 a carriage for carrying an ink jet cartridge. said ink jet cartridge comprising: 1. An ink jet cartridge comprising: a ink jet recording head; a ink container for containing ink to be supplied to said recording head; a ink supply source connecting portion which is provided in said ink container and which is 15 connectable with an ink supply source in permit filling of the ink into said ink container; a pressure reduction source connecting portion connectable with a pressure reduction source for reducing pressure in said ink container to permit filling of the ink; a 20 absorbing material provided in said ink container, said absorbing material is capable of retaining the ink and functioning as a negative pressure source for the recording head; a gas-liquid separating member which is disposed between said absorbing material and 25 said pressure reduction source connecting portion and which has a gas permeability and liquid penetration

resisting property; and supporting members, disposed at respective sides of said gas-liquid separating member, for supporting said gas-liquid separating member;

wherein said ink supply source is disconnectably connected with a first connecting portion of said ink container by a communication tube:

a pressure reduction source disconnectably connected with a second connecting portion of said ink container by a connection tube; and

a suction recovering source, connected with said recording head, for effecting a recovering operation for said recording head.

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